

HERBS



OPEN YEAR
ROUND!



USES FOR HERBS

Culinary Herbs

**Basil - Bay Laurel - Chervil - Chives
Coriander - Curry - Dill - Fennel
Garlic - Lavender - Lemongrass
Lovage - Marjoram - Mint - Oregano
Parsley - Rosemary - Sage - Savory
Tarragon - Thyme**

Salad Herbs

**Basil - Chervil - Chives - Cilantro - Dill
Sorrel - Lovage - Parsley - Tarragon**

Tea Herbs

**Catnip - Chamomile - Lemon Balm
Lemongrass - Mint - Stevia
Lemon Verbena**

BBQ Herbs

**Basil - Chives - Garlic - Oregano Pars-
ley - Rosemary - Sage
Tarragon - Thyme**

When cooking with herbs
1 tbsp fresh = 1 tsp dried

FRESH HERBS - YEAR ROUND!

Belgian carries select varieties of fresh herbs year-round. Our largest selection is available in April, May & June.



Belgian Nursery Ltd.
2615 Victoria St. N.
Breslau, ON N0B 1M0

(519) 648-2608

www.belgian-nursery.com

EASY RECIPES FOR HERBS!

Garden Fresh Pesto

A versatile topping for pastas, sandwiches, or meat!

**3 cups packed Fresh Basil
4 cloves Garlic - 1/4 cup Pine Nuts
3/4 cup Parmesan Cheese
1/2 cup Olive Oil - Salt & Pepper**

In a food processor, combine ingredients and blend. Other leafy greens such as arugula or kale make great additions and add nutrients. Try walnuts or cashews instead of pine nuts for a different taste!

Tabouleh

A great summer side dish from the Middle East. This refreshing salad is excellent with BBQ'd meats or veggies.

**2 cups chopped Fresh Parsley
1 cup cooked Bulgur or Couscous
1/2 cup chopped Tomato
1/4 cup chopped Onion
2 tbsp chopped Fresh Mint
1/4 cup Lemon Juice**

1/4 cup Olive Oil - Salt & Pepper
Combine ingredients. Cover and refrigerate for one hour before serving.

Tummy Tamer Tea

A delicious after-dinner tea made with herbs that aid digestion. Herbs can be fresh or dried, except where specified.

**Chamomile - Mint - Lemon Balm
Fresh Grated Ginger Root - Stevia
Fresh Strawberry Leaves**

Combine herbs to taste. Use stevia to add sweetness. Using a tea ball or press, steep for 5 mins before serving.

Enjoy!

WHEN TO BUY HERBS

We carry a selection of fresh potted herbs **year-round**. Our largest selection is available in **April, May, & June**.

Below is a reference listing of some of the herbs you can find here all year long. We carry more than one variety of many of the herbs listed. Please keep in mind that availability changes constantly and some varieties can sell out quickly.

Year-Round Offerings

**Basil - Bay Laurel - Chives
Lavender - Mint - Oregano - Parsley
Rosemary - Sage - Thyme**



PRUNING

Pruning your herbs helps to shape your plants and provides delicious trimmings for you to enjoy! Prune young plants to encourage branching and trim overgrown plants to keep them tidy.

DRYING & STORAGE

To preserve the best flavor, allow your herbs to dry naturally or use a food dehydrator. Cut a few branches and shake clean. Hang upside down in a warm airy room until dry. Store dried herbs in air tight containers in a cool, dry place away from sunlight. Store herbs whole and crush them as needed to retain the most flavour. Some herbs dry better than others.

GROWING HERBS OUTDOORS

Herbs grow beautifully in the garden during the summer months. Choose a sunny spot and keep well watered until established and during dry periods. Many herbs look very pretty planted in a vegetable garden, flower bed, or planter!



HERBS IN THE GARDEN

Light - Full to Part Sun - Most herbs require at least 4 hours of direct sun.

Water - Keep well watered until established and in hot dry weather.

Fertilizer - Feed **twice a week** in the summer using an **all purpose** formula.

Frost

Most herbs cannot tolerate frost and may need protection in early spring. Harvest outdoor herbs before fall frosts. Herbs grown outside often do not adjust well to life indoors. Rosemary & Bay Laurel are the most successful varieties to move indoors for the winter.

PERENNIAL HERBS

The following herbs are perennial and can come back year after year.

**Catnip - Chives - English Lavender
French Sorrel - Garlic - Lemon Balm
Mint - Oregano - Sage - Tarragon
Thyme - Winter Savory**

GROWING HERBS INDOORS

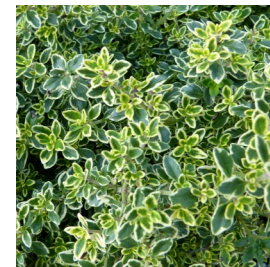
Light - Bright and Sunny. Choose a bright location with lots of sunshine. 4 or more hours of direct sun is best.

Water - Let dry slightly, then water well. Herbs may drink more in summer.

Fertilizer - Feed **monthly** with an **all purpose** formula, especially during times of vigorous growth.

For best results, purchase fresh plants or start seeds every few months or as needed to keep a fresh supply of herbs. Many annual herbs complete their growing cycle in a season or two.

During winter months, when days are short, potted herbs indoors do not grow as fast as in the longer days of summer.



REPOTTING

Potted herbs need to be repotted only when root-bound. Choose a pot that is one size larger than the previous pot. Too large a pot can cause root rot due to excess soil that cannot dry out fast enough.

